

### Abstract of the Disclosure

In the method for distributing application software, a mobile station receives the application software from an application software distribution system to upgrade or install the application software, and an application program less used in the mobile station is stored at the application software distribution system, and whenever necessary, the program is again installed and used. The inventive method includes the steps of: a) initializing to distribute application software files to a mobile station; b) receiving an application software transmission/ reception requiring message from the mobile station; c) if the application software transmission requiring message is received, transmitting the application software file to the mobile station; and d) if the application software reception requiring message is received, receiving the application software file from the mobile station.